

The Messenger

Spring 2023

Spring on the Prairies

It was my first spring in rural Saskatchewan and, as a student minister, I was living in a two-roomed shack in the corner of a farmer's property. Not being the greatest scholar at Emmanuel College, I was required to rewrite one of the examinations from the previous month's semester. For this I had to cycle two or three miles on dirt roads to the nearby school, and although it was a lovely day when I started, it rained while I was writing my paper. (I passed, in case you wondered!) As I started the bike ride back I was introduced to one of the prairie's 'treasures' – gumbo! The mud clogged the wheels, and although I cleared them it stopped me completely within a few yards and I walked the rest of the way on the railroad track.

Not a good introduction to spring on the prairies, but in the more than 40 years as a student minister and as the executive archdeacon of the diocese I covered thousands of kilometres in every kind of weather through all the seasons of the year - and enjoyed spring most of all. The seasons did not gently move from winter to spring as they do here; one day it was winter and it seemed the next day spring had arrived. In Saskatoon we were delighted to stand on our doorstep and rejoice in the first refreshing rainfall of the season.



Out in the wide open vastness of the prairie it was almost intoxicating to feel the warm wind blowing away the remnants of winter, to see and hear the vast skeins of geese and cranes soaring high overhead on their way north, to see the rush of fresh green on the trees and bushes and to hear the welcome song of the robins and the lilting song of the meadow lark perched on his favourite fence post. A miraculous transformation!

So it must have been for Jesus' family and friends as the reality of His resurrection. His 'new life' convinced them that the winter of their despair had become the spring of new hope. So may our Easter bring us new hope for the year ahead as we begin the next chapter in the life of St. Michael and All Angels.

Submitted by
Rev Geoff Huggill



The Elm Tree

On the corner of Richmond Road and Oak Bay Avenue stands a huge elm tree. It is simply majestic in stature, and has all the dignity of its age. But without cutting this tree down or doing a core biopsy there isn't an accurate way of telling how old this beautiful elm tree is. The closest that I could manage was to walk around the tree's huge base, assuming that my steps averaged a little under 12 inches, and to divide the number of steps by 3.14 (elementary geometry of a circle!). I thus managed to figure out that the elm was at least 100 years of age, and nearly 5 stories tall. If this tree could speak, what would it tell us about all the seasons it had witnessed over the course of its life? This would be especially germane in the spring, when the warmth of the sun coaxes the buds into leaf, thereby starting the beginning of another year's life cycle.



How does this gigantic, tall tree survive the cold bleakness of winter, the onslaught of drought and heat in summer, throughout all the years? Its roots go deeply into the soil and anchor it to the earth, while its branches and leaves are lifted to the heavens to enjoy the life-giving warmth and rays of the sun, enabling it to take nourishment to its roots. Thus the cycle is complete, and the mighty elm stands for another year.

Are we not all like this elm tree? – looking forward to the coming of spring, the promise of renewed hope, and the new beginnings that uplift our spirits and bring us joy?

Stand tall, and simply “BLOOM WHERE YOU ARE PLANTED”!

Submitted by Nancy Paxton

Spring

Spring is a beautiful season.

The first day of spring is known as the vernal equinox. In Latin, the word vernal means “spring” and equinox means “equal night.” The spring and fall equinoxes are the only two times during the year when the sun rises due east and sets due west.

Spring is all about new beginnings and transformations; it's a season that symbolizes starting fresh and starting over. After months of cold temperatures that often result in many of us feeling the winter blues, spring reawakens us and our surrounding environment, bringing everything back to life. Flowers blossom, animals come out from their winter resting places, and nature comes alive during this time of renewal.

Spring is a time when we start to pull out our summery clothing and pack away our winter woollens, put our boots away and bring out our colourful footwear. It's a time when we declutter, clean and lighten the décor of our homes. Spring lifts our spirits.

Zechariah 10:1: “Ask the Lord for rain in the spring, for he makes the storm clouds. And he will send showers of rain so every field becomes a lush pasture”.

Submitted by Marilyn Beckett



Wardens' Window

This metaphorical window offers a glimpse of the many essential and selfless acts by which members of the Parish, through commitments to committees and groups, ensure that functions are observed, programmes are supported, and no-one or nothing gets forgotten.

Over the past months we have joined together in a number of activities that define us as the "St. Mike's Family". A brave brigade has kept us running through the winter, cleaning up the cemetery, unblocking drains, clearing storm debris and melting frozen walkways. Lent was anticipated with the welcome return of the Pancake Supper, magician show and fellowship on Shrove Tuesday. Maundy Thursday was a more simple gathering to share soup and bread before the evening service, both events ably coordinated by the unfaltering Terry Willow and her willing volunteers.

As Easter approached, we gathered to plait palm crosses, and the Altar Guild outdid themselves decorating the church with daffodils. Easter Sunday saw another eagerly anticipated feature, as 13 hand-embroidering pew cushions, providing both beauty and comfort - thank you, Diana Caleb and team!

For the second year we gathered merrily in the car park to shred unwanted documents (not necessarily our own); now we eagerly anticipate the Spring Plant sale on May 6th.

Supporters of our "Christmas Help" assistance for clergy who serve far-flung parishes in the Arctic were uplifted by the heart-warming thanks delivered in person by Reverend Rebecca, visiting us briefly from her parish of Rankin in Nunavut.

Important administrative work was also underway in the background. We have convened a Cemetery Board to work with the Diocese to ensure that our cemetery licenses and accounts are correct. Lanny, our steadfast Treasurer, has also been working hard to update our financial reporting to reflect changing parish needs, while our indefatigable Parish Secretary Melissa keeps us straight and word-perfect.

We are delighted to welcome new and returning parishioners to our fold, and invite you to check out our "Welcome" brochure. The church is alive with joyful congregational singing under the talented and gifted leadership of our new Director of Music, David Palmer.

We offer our heartfelt thanks to you all for your gifts of your time, your talent and your treasures. Thank you to the full slate of Council members and Synod representatives elected by the AVM in February, to the Choir for leading the worship in sung praise, and of course to our interim incumbent Paul for his leadership, guidance and stories.

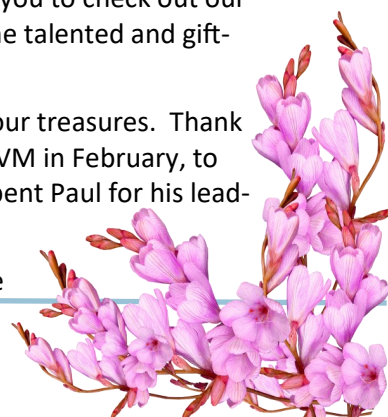
Submitted by Brian Goddard and Helen Love

Spring and Summer Events

The following weekly/monthly events are happening this spring; please come and join!



Days		Event	Leader
Monday 1:30 pm	1 st Monday	Card-Making	Terry Willow
Tuesday 1:30 pm	1 st & 3 rd Tuesday	Craft/Sewing Club	Diana Caleb
Tuesday 12:00 pm	2 nd Tuesday	Parish Guild meeting	Chris Bullen
Wednesday 10:30 am	Weekly	Christian Study	John Perris
Thursday 10:30 am	Weekly	Mobility Classes	Valda Kitching
Thursday 1:30 pm	Weekly	Choir Practice	David Palmer
Friday 10:00 am	Weekly	Walking Group	Linda Dryden



The Tomato's Tale

Have you wondered what producing hundreds of healthy tomato plants for each Spring Sale actually involves? Here is the inside story!

To begin with, my 'mentor' browses a garden catalogue and discovers a great many seeds just like me. They would all produce tomatoes of different sizes, colours and flavours, so the ultimate decision is really a personal choice.

I and my cohorts of seeds need to be treated in a special way if we are to grow into healthy and successful plants. The planting mix should be sterile and slightly moist so that hostile organisms don't kill us as we try to sprout. We seeds have an inner timer that checks how long must pass before growing starts after being sown. My box is covered with a plastic wrap to preserve moisture, but that will be removed when a few of us have germinated. The boxes are placed under 'grow lights', at a temperature of about 60 degrees.

As I grow taller and stronger I will be moved into my own container, no longer under a grow light but in a greenhouse where a heat lamp will keep me warm enough. My girth then continues to increase, and by May 24 (Victoria Day) I can be planted outside. Before that happens, though, my mentor will cool the greenhouse in order to 'harden me off' for outside temperatures.

Will I become a slice of tomato in a yummy mayonnaise sandwich or a cherry tomato in a salad? I don't know – I have to wait to find out!

Submitted by Phyllis Fatt



Card Making

Our new card workshop adventure started off with enthusiasm and laughter in January 2023. 10 parishioners signed up to share resources and fellowship under the guidance of Marianne and Robin of Randmcards. We produced one card with three variations under their instruction.

February's workshop was unfortunately cancelled owing to snowy weather but, Spring was Sprung during our second Card Workshop in Littler Hall at the end of March. 🐣 In this session, we produced two cards and learned how to blend watercolour markers to enhance stamped images.

We meet with Marianne and Robin on the fourth Monday of each month from 1:00-3:00 pm. The cost is \$6.00 a session, if you bring your own paper, or \$8.00 to use their paper. Marianne and Robin are experienced workshop instructors. They have been very generous in supplying many of the resources needed to complete the cards.

At only two months in, our group was delighted to receive two large donations of tools/resources from Gerry Norrie and Linda Schumacher. They are very much and will be put to good use as we progress.

This card making group is in its initial stages of progression and it is fluidly moving forward.

I have recently offered the option of also meeting on the second Monday afternoon of each month. The goal of this session is to offer free exploration time for those participants who want to create their own cards and scrapbooking using the donated resources in addition to their own tools. There is no cost for this session.

Everyone is welcome to join in with either Monday session. There is no monthly commitment and our group happily shares tools as needed.

Please contact Terry Willow (tjwillow@telus.net) if you are interested in joining.

Submitted by Terry Willow



Walking Group

The Walking Group has continued every Friday, with only a couple of weeks lost to the weather. We are generally lucky with the weather, but always pick our walks to make sure they are safe underfoot. So especially during the winter we might only decide on the route of the walk the day before.

The walks themselves span the Peninsula – from the Saanich Inlet up at the airport, to Charlie's Trail down at Royal Roads, and from Island View Beach on one side to Tod Inlet on the other. All have their special qualities that bring us back through the year; and with some new members joining, we have added some new walks to the repertoire. Panama Flats and the chip trail around Cedar Hill golf course are recent welcome additions.

Walks usually take about an hour, but sometimes a little longer if we stop to admire the view (as we always do at Tod Inlet) or to contemplate quietly (as we always do at the beautiful "Lost Airmen of the Empire" – the "feathers" memorial above the airport). That hour could see us cover about 4 kilometres (as spookily seems to be the case too whenever we walk our Elk/Beaver Lake trail)

We are a friendly and chatty group, and would certainly welcome new members (and, of course, any suggestions for new walks).



Please contact Linda @ 250 479-0113 or Ricky @ 250-896-9630 (ricky.love@shaw.ca)

Spring Song

Frogs croak
Rains soak
Chicks peep
Crickets leap
Bees hum
Robins come
Birds sing
It's spring!

Education Committee

As with Pastoral Care, the Education Committee also successfully shook off the suffocation of the March 2020 Covid lockdown, and re-emerged ready to resume the development of a broad roster of educational offerings for the parish family. The Committee believes that education, in its variety of forms, has an essential role in the life of the parish.

The Education Committee acts as an 'umbrella' to (a) Bible Study, (b) Sunday School, (c) the Library, (d) the Mobility Group and (e) the Walking Group, as well as organizing lectures or courses (mainly on topics requested by parishioners). At its recent meeting, ideas about this last were plentiful, though little could be arranged very far in advance until the new priest is with us.

Anyone is welcome to make suggestions and to share ideas regarding potential programmes and projects. There is ample capacity for this Committee to grow, since it needs to be fully representative of all the diverse activities and interests of the parish. We therefore warmly welcome new members from all age groups.

Submitted by Linda Dryden (Chair) and Elizabeth Griffin (Recorder)



What Spring Means to Me



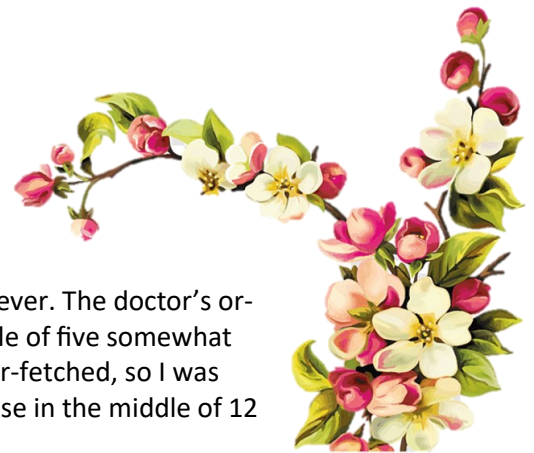
Spring is upon us, and thoughts begin to turn to summer activities. Spring camping trips and family get-togethers draw our minds. I for one look forward to spring as the herald of the warm sunny days. The early morning dog walks (yes, Brynn is a Springer) are shared with robins and cherry blossoms which fill the spring air with sound and scent. The greening of the parks and boulevards is a welcome sign. I relish the early morning light and the solitude of those 6 am walks. I am thankful for the ability to have these morning excursions with little worry about tomorrow.

I remember many of my springs being away while working and spending them throughout Canada, Europe and North Africa. While each place has its beauty and particular charm, I prefer my spring to be experienced here on Vancouver Island. The church looks beautiful in the sunshine, and hopefully we will soon return to having a service or two in the outdoor worship area. We already know what a unique spot that area is from the services we recorded during Covid.

As our deliveryman to the food bank, I also hope that the weather is kinder to the less fortunate who live out of the safety of a home. The need for support of the less fortunate does not take a break during spring and summer, but we continue to support those less fortunate. If we remember to donate to the food bin when going to church, it takes little effort to help so many.

That said, I continue to look forward to meeting my friends at Sunday service. I hope that time is dedicated during the busy spring and summer periods, and we all come to worship in our bright space at St Michael's.

Submitted by Stan Willow



Labyrinth of Daffodils

At the age of seven I was unlucky enough to be diagnosed with rheumatic fever. The doctor's orders were for rest, quiet, home cooking and fresh air, but as I was the middle of five somewhat rambunctious children, such a prescription in our native England seemed far-fetched, so I was sent to my grandmother's to recover. Grandmother lived in an old farmhouse in the middle of 12 acres of gardens in the Kent countryside, an oasis of calm.

The first month of my prescribed six months of convalescence was spent confined to bed, and I remember looking out of the window wistfully at the clouds and watching birds at the feeder. Later, I was moved to the conservatory where I could enjoy watching the garden beginning to bloom. As soon as the spring weather allowed, I could sit outside under the willow tree, wrapped in blankets and watching Grandma puttering in the garden.

Over those six months of my recovery I watched the garden blossom, and a love of nature was born in me. As I recovered my strength I transitioned from gentle lady-like dead-heading the roses to jungle warfare with the brambles, and the spring garden grew. One particular pleasure that I recall was learning about bulbs. I became fascinated by the idea of the secret garden hidden beneath the soil that would suddenly push up and create patterns of colour. Grandma was especially fond of daffodils, and over decades she had planted thousands of bulbs that traced the pathways around the gardens. Following the daffodil borders through a veritable labyrinth of pathways, only visible at this special time of year, was a magical experience.



Easter Sunday at St. Michael's brought back that fond memory of my childhood. Entering the church and being greeted by the scent and colour of my favourite flower almost brought me to tears. Thank you to our beloved Altar Guild for the gift of their time and talent.

Submitted by Helen Love

Pastoral Care

Pastoral Care is coming back into focus at St. Michael's! Like Spring, the team is coming out of hibernation, but one caused by Covid restrictions rather than the weather. With a bit of stretching it will be resuming a much needed role in our Christian Community.

Members of the team will be meeting with our interim Minister Paul, and in due course with our new Minister John, to organize and to define an outline of what Pastoral Care means, both to us as individuals and also as a Parish.

This is an exciting time within the Parish of St. Michael's, and I look forward to helping this endeavour to grow. Please feel free to contact us if you wish to know more about this particular Ministry which serves our Parish.

Submitted by Nancy Paxton (Chair, Pastoral Care team)



The Flowers that Bloom in the Spring



As W S Gilbert wrote, to A Sullivan's tune in 'The Mikado':

The flowers that bloom in the spring, (Tra la)
Breathe promise of merry sunshine.
As we merrily dance and we sing, (Tra la)
We welcome the hope that they bring, (Tra la)
Of a summer of roses and wine.
And that's what we mean when we say that a thing
Is welcome as flowers that bloom in the spring.

Springtime → Sunshine → Flowers

Flowers are messengers. They signal hope, love, joy. They recall good times (like freesias at a wedding) and bad times (such as chrysanthemums or lilies at a funeral). They offer promise, however distant (like the winter jasmine that blooms in November), and they demonstrate consideration, even partiality, for hummingbirds (who need tubular-shaped flowers which larger birds with rounded beaks cannot maraud).

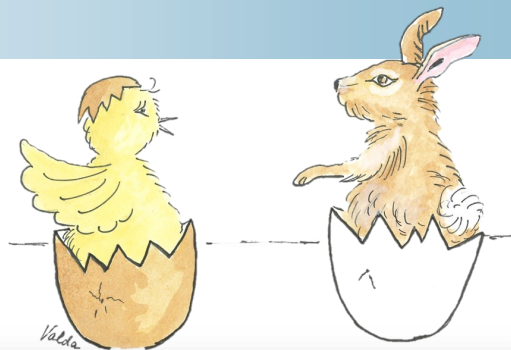
Flowers can be symbols: the red rose for love, the white one for purity, the poppy for remembrance, or the daffodil ("leek"), which Shakespeare said was to be worn in the brim of one's cap upon Saint David's Day (March 1) to admit to one's Welsh roots. Flowers also take on their own symbolization according to where we see them. Tulips, daffodils, narcissi and gladioli are bold and competitive, but will be hot-house products when an early date or particular events require flowers to be 'forced', often at the expense of fragrance.

Do you have springtime favourites? Mine are small and often disguised under winter's dead leaves, flowering bravely but shyly until spring truly arrives – the primrose, the wood anemone ("wind flower"), the celandine and the bluebell – that decorate banks and hedges in the sandy soils of deciduous woods (my native Weald of Sussex was a perfect environment). No hot-house, no forcing, nothing but Nature's gentle urging to greet the start of the new season. Welcome, flowers of spring!

In less kind environments flowers develop quite remarkable systems for survival. With the overarching command, *Go forth and multiply*, the violets, primroses, gentians, bellflowers and a great many more in the mountains like the Swiss Alps adapt cunningly to harsh microclimates. Some grow short, thick stems so the bloom is nestled among stubby grass when icy winds blow; others manage to bloom underneath the melting ice of a receding glacier or pond, their colours clearly visible and ready to take full advantage of every sunny minute when pollinators are visiting. Such bravery wins dividends – a lesson for us all!

Submitted by Elizabeth Griffin

Children's Pages



SPRING IS HERE

Word Search

DIRECTIONS: Find and circle the vocabulary words colors in the grid. Look for them vertically and horizontally.

L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N

BIRD

LAMB

BUD

NET

EGG

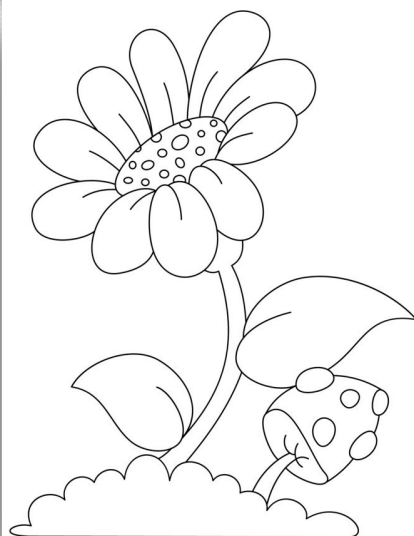
RAIN

FLOWER

SPRING



Jade & Colin





I named my dog Five Miles so I can tell people I walk Five Miles every

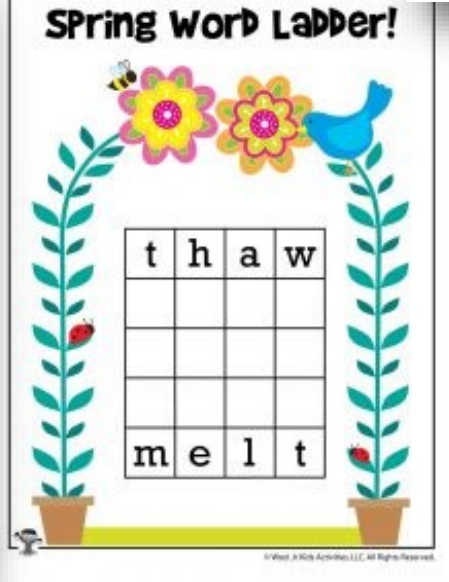
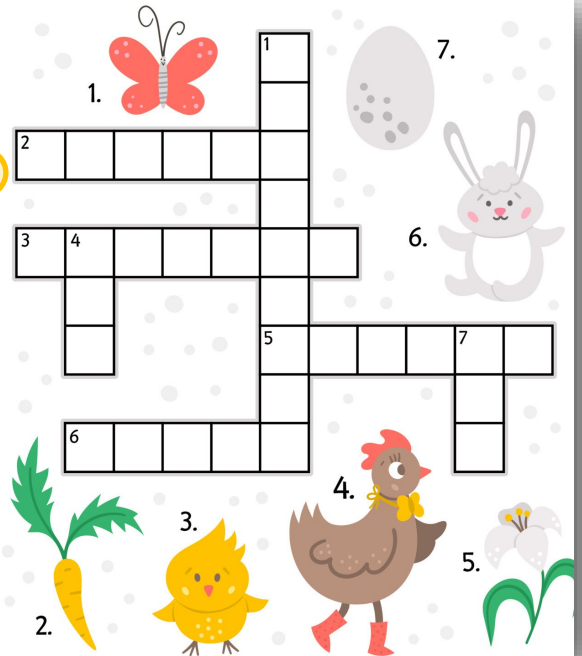
Wake Up

Wake up Brown Bear!
The leaves are green,
The snow has melted,
The birds now sing.

Wake up farmer!
No time for rest,
Seeds need planting,
Baby birds in nest.

Cherry Blossom Rain

All down the lane,
A billion cherry blossom petals
Raining on my head



St. Michael's Guild Update

Easter is typically a season of renewal, colour and brightness, a good time for the Parish Guild to review its activities to see how they could be improved. Recently we have been focusing on the services that we traditionally offer to the Parish and to those in need.



One of our most cherished ministries has been the provision of Memorial Receptions after funerals. The work involved in this is considerable, but we have tackled it until now with our usual cheerful can-do attitude. But nowadays we are finding it especially challenging, considering the age and energy level of our members. Recently eight of our members volunteered to take part in a Guild Sub-Committee, set up to identify ways in which we could continue and perhaps improve our ministry. Seven of the eight attendees were over eighty!

As we all know, the cost for ingredients and food items has risen sharply in recent months. At the same time we have to admit that the energy required to do the necessary preparations and baking has dwindled in many of us. Many churches no longer provide after-funeral services at all for the bereaved, but we would like to continue with this ministry, perhaps on a simpler basis, so we are looking into the possibilities. Parishioners are asked to think hard about the kind of loving support they would like their family to receive when a friend or relative passes away. Please get in touch with us and let us know which features of our ministry are most valuable, and which could perhaps be reduced. Above all, please step up and help us as we do the work of drafting a realistic policy for our Priest and Parish Council to consider. We need this input, and we ask parishioners to offer practical help anywhere and everywhere they see a gap needing to be filled. Help from the congregation at large has been much appreciated over past years and we thank you in advance for your future efforts.

Under the leadership of Lenore English, our wonderful Guild Chair for the past fifteen years, many other service and fund-raising projects have been undertaken, and some are still under way. In particular I would like to mention the Pillows for Pews project. These beautifully embroidered cushions, crafted by Guild members under the able leadership of Diana Caleb, are going to enhance the décor of our lovely church and will add to our comfort as we sit to listen to readings and sermons. Thank you for your inspiration, Lenore, and thanks to Diana, our ever-enthusiastic stitcher-in-chief.

Readers, please watch future Messengers for further reports on our many activities.

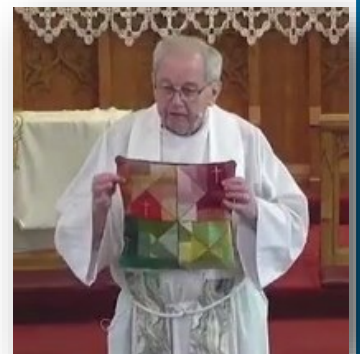


Submitted by Christine Bullen, Guild Chair.

Craft Group

The Craft Group is delighted to have been able to deliver 13 hand-stitched pew cushions ready for Easter Sunday. These lovely colourful and comfortable additions to our wooden pews were blessed by Rev. Paul, and the group is inspired to continue to add to our collection. Many thanks to Valda, Sue, Helen, Diana and Marion for your nimble fingers and dedication.

The craft group evolved from fellowship and a love for all things creative. It meets at Diana's home every other Tuesday to learn from each other and to be creative.



If you would like to participate, please contact Diana at (250) 514-1462.

Altar Guild—Easter Daffodils

On Easter Sunday the church was filled with the sight and scent of daffodils this year. A slight mistake with the daffodil order resulted in a “surplus” that our Altar Guild did their best to distribute outside or beyond the church. Many parishioners generously donated, and took extra bouquets home. We were even able to donate daffodils to Broadmead and Berwick seniors’ homes, where they decorated the Easter Dinner tables for residents.



I Wandered Lonely as a Cloud

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

By William Wordsworth
Submitted by Nancy Paxton



Congregating in the Kitchen

"Congregating in the Kitchen" is an opportunity to share those favourite recipes that are featured at our social events and coffee fellowship. All contributions are welcome, and Helen (as editor) is open to food bribes at any time should there be too many contributions to include.

In recognition of King Charles III's coronation on May 6th, this edition is dedicated to the "Coronation Big Lunch". The Big Lunch is the UK's annual celebration for neighbours and communities – a time when people come together to share friendship, food and fun. This year we're inviting people to join the Coronation celebrations with a Coronation Big Lunch. Let's take to our streets, gardens and neighbourhoods and get to know one another a little better at the community celebration for the Coronation.



More information at CoronationBigLunch.com

@edencommunities #CoronationBigLunch



Coronation Cupcakes

Tortine all'arancia (Easy orange cupcakes) by Giuseppe Dell'Anno

A seasonal cinnamon treat that makes a wonderful holiday gift. It takes about 4 hours to make, so allow yourself plenty of time.

1. Preheat the oven to 160°C (gas mark 4) and line two muffin trays with muffin cases.
2. Wash and dry the oranges, then slice off the top and bottom. Dice them roughly, place in a food processor and blitz to a pulp.
3. Add the eggs, oil, milk and vanilla to the same bowl and blend again at high speed for about one minute, or until the mixture is smooth.
4. Next, add the flour, baking powder, sugar and salt and give it a final short blitz to incorporate the dry ingredients. Scrape the sides of the bowl if necessary.
5. Distribute the batter evenly across the muffin cases and bake for 35- 40 minutes or until an inserted skewer comes out clean.
6. Take the cupcakes out of the oven and let them cool slightly; in the meantime, warm up the marmalade (about one minute in the microwave or a little longer on the hob), brush the tops of the cupcakes using a pastry brush, or drizzle with a spoon and leave to cool.

Tortine all'arancia keep for 3-4 days in an airtight container; once baked, they can be frozen and stored for up to one month.



Ingredients:

- ◆ 2 medium unwaxed oranges
- ◆ 2 large eggs
- ◆ 80g corn or sunflower oil
- ◆ 1 tsp vanilla extract
- ◆ 80g whole milk
- ◆ 250g plain flour
- ◆ 2 tsp baking powder
- ◆ 250g caster sugar
- ◆ 1/8 tsp salt
- ◆ 100g orange marmalade

Submitted by Angela Goddard

https://www.edenprojectcommunities.com/wp-content/uploads/2023/03/the_coronation_big_lunch_recipe.pdf

Ricky's Bacon & Lentil Soup

This is a family recipe handed down from Ricky's mother in England, with a few adjustments. Keeps in the fridge for a few days and can also be frozen.

1. In a large saucepan heat 1 to 2 tablespoons of oil on a medium heat. Add bacon to the pan. Fry for a few minutes, enough to have rendered some fat and picked up some colour (stirring occasionally so it doesn't stick too badly). Does not want to become crispy.
2. Add the onions and carrots to the pan. Stir to coat with the bacon oil, and continue to fry for a few minutes until a little colour is picked up; stir the mix occasionally.
3. Add the lentils and stir them in. Fry the mix for a couple more minutes, stirring once or twice.
4. Pour in the stock. Add a teaspoon of salt, some ground black pepper and a teaspoon of dried thyme. Stir to combine.
5. Put the lid on. Turn up the heat a little to bring the mix to a low boil. Then turn it down to maintain a low simmer. Simmer gently for an hour or so, stirring occasionally. The lentils should be mushy.
6. Blend, preferably by using a handheld blender in the pan. Check seasoning to taste – it may well need more salt, depending on what came through from the bacon.
7. Serve.

Submitted by Ricky Love



Ingredients:

- ◆ 14 ozs Bacon chopped
- ◆ 2 Onions roughly chopped
- ◆ 2 Carrots roughly chopped
- ◆ 12 ozs Red Lentils
- ◆ 8 cups ham, chicken or veg stock
- ◆ Salt and Pepper



Curried Shrimp

Anyone who knows English cooking knows that it is based on anything Indian! In honour of King Charles III, here is a quick shrimp curry to complement your Coronation Day party.



1. Sauté onion, celery, green pepper and garlic in butter until tender.
2. Add curry powder and flour, then heat until bubbly.
3. Remove from heat to add milk and seasonings.
4. Simmer on low until thickened, then add raw shelled shrimp, scallops and halibut.
5. Cook on low heat until the shrimps turn pink.
6. Taste and add more curry and salt if desired.
7. Serve over hot rice. Enjoy!

Submitted by Don MacSween

Ingredients:

- ◆ ½ cup chopped onion
- ◆ ½ chopped celery
- ◆ 1/3 cup chopped green pepper
- ◆ 1 clove garlic
- ◆ 1/4 cup butter or cooking oil
- ◆ 1-2 tsp. curry powder
- ◆ 3 tbsp. Flour
- ◆ 2 cups milk
- ◆ 1/8 tsp. chili powder
- ◆ 1/8 tsp. pepper
- ◆ ½ tsp. salt
- ◆ 1 pound shrimp/halibut
- ◆ 1 tbsp. lemon juice (optional)

Nature's Calendar

April and May are the most active months on Nature's Calendar for the area around Victoria. In these two months trees, shrubs and flowers are bursting forth as a bonus to us as we celebrate Easter. It is a time when we see the almost unbelievable intricacies and beauty of the natural environment around us.

I do enjoy the many attractive gardens in and around Victoria. The daffodils, tulips, rhodos and azaleas are beautiful in the spring. And the roses are outstanding in late summer. But, at this time of year I enjoy most the small plants found along the forest trail that I walk daily.

Three native plants, described below, are my personal heralds of Easter and spring. Two have showy flowers and interesting foliage, and the third I can eat as I walk along the trail.

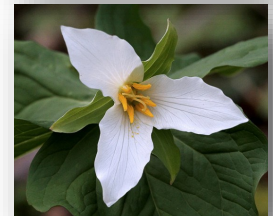
Erythronium oregonum (fawn lily, dog-tooth lily, chocolate lily)

This plant is abundant within 30 miles of Victoria. Its range includes the Gulf Islands and as far north as Comox. The bulb lies deep in the ground and requires 5 to 7 years to develop before raising its first flower stem. Seed dropped from the flowers accounts for the great masses of lilies found in secluded surroundings. Please do not pick the flowers, or we will not have seed for new plants.



Trillium ovatum (Western Trillium)

There is no chance of confusing the trillium with any other flower. Its stout stem carries three large, net-veined leaves which form a whorl to cradle the short-stemmed white flower. There are three petals, 1 to 2 inches long, and 6 dark, fuzzy stamens in the centre. Trilliums bloom from mid-April to the end of May. Range: Vancouver Island and the Gulf Islands.



Montia perfoliate (Miner's Lettuce)

Indigenous peoples first used the fresh plant for food. Then the early miners, prospectors and trappers, often at a loss for green vegetables, copied them and found it a tasty succulent green. The plant is suitable for eating during April and May. The unusual feature of this species is the saucer-shaped upper leaves through which the stem protrudes. The small white flowers grow along thin stems rising from the centre of the leaf disks.



Nature and its beauty is never far away from where we live. Take time to enjoy not only the flowers but also the magnificent Douglas fir trees growing at St. Michael's.

A Centennial Garland

The Easter Lily's trumpet lifted high;
White Trillium's innocent and perfect face;
Blue Violet nestling, small and sweet and shy;
Trailing Arbutus, showing artless grace;
The Prairie Crocus with its heart of gold;
The Dogwood, almost luminous, so fair;
The Showy Lady's Slipper, fold on fold;
The Wild Rose, breathing fragrance on the air;
The Prairie Lily's incandescent glow;
The Pitcher Plant, with strange leaf traps beneath;
The Broad-leaved Willow Herb from lands of snow;
And Mountain Avens rounding out our wreath;
We bring Thee, Lord, and thus we humbly pray;
May Canada tread always in Thy way.

by Mary Garland Coleman;
submitted by her daughter, Sally Tuckey



Submitted by Jim Bullen

Golden Sovereign

Yellow and green, yellow and green,
There are the colours to deck April's queen.
The rose is the queen of the summertime hours,
But now, undisputed, the sovereign of flowers,
The daffodil reigns, and wherever she's seen
She makes our hearts leap with her yellow and green.

by Mary Garland Coleman;
submitted by her daughter, Sally Tuckey

The Hymns we Sing

From earliest times, music played a vital role in worship. Can you imagine what the temple in Jerusalem sounded like in the singing of the 150th Psalm? "Praise him with blast of the ram's-horn; praise him with lyre and harp. Praise him with timbrel and dance." In several places in his letters, Paul exhorts us to sing "psalms and hymns and spiritual songs." Singing the text brings it forward with greater depth, and nowhere does it touch us worshipers more than in the hymns we sing. It has been said that "He who sings well, prays twice."

Hymns are the church's folk song. Common Praise is our own wide-ranging collection of hymns, dating all the way from the 1st century to our own times. They have fascinating origins, and unlike anthems and choral settings, were spontaneous creations, often written in times of great personal crisis. Consider *Now Thank We All Our God*. Rev. Martin Rinkart wrote the text in the early 17th C in Germany, after war and plague wiped out most of his congregation, including his wife. Canadian Joseph Scriven penned *What a Friend We Have in Jesus* to comfort his mother in Ireland, but then lost his wife to illness. Anglican cleric Henry Francis Lyte, ailing much of his life, wrote *Abide with Me* in 1820 as he consoled a dying friend. The Rev. Lyte finished the hymn as he approached his own death from tuberculosis.

The Congregational minister Rev. Isaac Watts, considered the father of the English hymn, paraphrased Psalm 90 unforgettably in *O God, Our Help in Ages Past*. Prior to his time in the early 1700s, the Anglican reformers allowed texts only as found in scripture to be sung. Watts wanted to expand the spirit of the psalms to acknowledge the centrality of Christ in Christian worship. Although he endured poor health, he left us poetic treasures such as *When I Survey the Wondrous Cross* and *Jesus Shall Reign Where'er the Sun*. The Wesleys, John and his brother Charles, brought forward the element of individual worship in the (literally) hundreds of beloved hymns that we have sung for nearly 300 years.

Sailing to the US in the early 1700s, the Moravians who were on the ship sang their hymns in fervent

personal devotion.

The Wesleys were profoundly affected. *Jesus, Lover of My Soul* and *Love Divine, All Loves Excelling* mirror this glowing praise.

Charles was one of the first writers to highlight aspects of Christ's ministry in hymns. For example, *Lo, He Come with Clouds Descending* explores the meaning of Advent. *Hark, the Herald Angels Sing* illustrates Luke's story of the Holy Birth. *Let Saints on Earth in Concert Sing* meditates on the place of the saints in devotion.

In Psalm 150, the psalmist also called on the Hebrews to praise God in dance. *Good Christians All, Rejoice* began life as a dance carol in 14th C Germany. In our time, Willard Jabusch set *The King of Glory Comes* to an Israeli dance song. The West-Indian spiritual, *The Virgin Mary Had a Baby Boy*, makes us want to dance. In black gospel worship, the rhythms make it impossible to sing without clapping and swaying. Increasingly today, we include songs from other cultures, such as *He Came Down*, a call-and-response hymn from Africa.

Our own faith resonates with that of the poets. As you sing the beloved hymns Sunday by Sunday, glance at the bottom of the page, at their Biblical references, the dates and places of their publication, and imagine the circumstances that led to their creation. In their poetry and music, we find spiritual experiences common to ours. They unite us with them in our praise of God. We sing hymns every Sunday, and from time to time, several of you have let me know what certain ones mean to you. Please let me know if there are favourite hymns or songs you'd like us all to sing.

Submitted by David Palmer (Music Director)



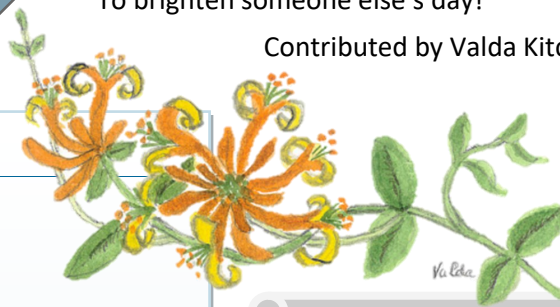


Got up this morning
and ran around the
block five times. Then
I got tired, so I picked
up the block and put it
back in the toy box.

Jewel in my Garden

A hummingbird went skimming by
In the twinkling of an eye,
Pausing at each flower bed,
Seeking out the blossoms red.
That feathered jewel played hide-and-seek,
Sipped nectar with its dainty beak,
While tiny wings beat Springtime air
So fast it seemed that none were there—
Then like a shot it sped away
To brighten someone else's day!

Contributed by Valda Kitching



Tapestry

I would weave a tapestry
Of the days I've known:
Silver thread of shining sea,
Gold of sunshine, green of tree,
Flame of sunset, ivory foam,
And blue that is my heart's own home,
The deep blue summer nights bring down,
Rose of dawn and earth's rich brown,
And golden brown of sturdy moss
Mantling hills we loved to cross,
Lavender evening, rain's soft grey,
Some threads are sober, some are gay . . .

Each tender radiant rainbow hue
Found in the earth and sky and sea,
I weave into my tapestry.

by Mary Garland Coleman;
submitted by her daughter, Sally Tuckey

Throughout this messenger
you have enjoyed original
artwork by the talented
Valda Kitching. Thank you
Valda for the gift of your
talents.

I've learned that:

Being kind is more important than being right.
The best classroom is at the feet of an elderly person.
You should never say no to a gift from a child.

Contributed by Valda Kitching

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We acknowledge that for thousands of years the
Coast Salish, Nuw-chah-nulth, and
Kwakwaka'wakw peoples have walked gently on
the unceded territories where we now live, work,
worship, and play.

We seek a new relationship with the first peoples
here; one based on honour and respect.

Editors: Helen Love & Elizabeth Griffin

The Messenger is the newsletter of
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nication means for members of the
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the beliefs of the editors, or the
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for parishioners to contribute their
news, opinions and views, the edi-
tors may edit articles in order to fa-
cilitate understanding and fit space.

Contributions should report on par-
ish activities, advertise upcoming
events or be original literary articles,
that are church related, up to a maxi-
mum of 500 words.

Please send submissions to the
church office, preferably by e-mail to
admin@stmikevictoria.ca

